

December 8, 1977

6:00 p.m.

NUTRITION

~~VIII~~  
~~IX~~

3:27.

Larry Rasco

DR. BERRY WILL CONTINUE HIS NUTRITION SERIES TONIGHT WITH SOME WORDS FOR THOSE WHO NEED TO GET LESS CALORIES. CHUCK, ARE YOU GOING TO GIVE US THE BERRY DIET?

Dr. Berry

LARRY, IF I ONLY MAKE ONE POINT TONIGHT, IT SHOULD BE THAT THERE ARE NONE OF THE NAME AND FAD DIETS THAT I BELIEVE ARE CORRECT NUTRITIONALLY. WE HAVE SAID OVER THE PAST SEVEN SESSIONS THAT THE BODY HAS BASIC REQUIREMENTS FOR PROTEIN, CARBOHYDRATE, FAT, MINERALS, VITAMINS AND WATER. IT MEANS JUST THAT! THE BODY HAS REQUIREMENTS FOR EACH OF THESE NUTRIENTS: IN TOTAL SOME 50 NUTRIENTS. THUS IN PLANNING ANY DIET, ATTENTION MUST BE GIVEN TO TRYING TO MAINTAIN THESE BASIC NECESSITIES SO THAT THE BODY CELLS AND THEIR SYSTEMS CAN FUNCTION NORMALLY.

LET ME MAKE ONE MORE IMPORTANT POINT. THE ONLY WAY ANYONE CAN LOOSE WEIGHT IS IF THEY TAKE IN LESS CALORIES THAN THEY BURN UP IN ACTIVITY THE BODY HAS NEED FOR THE ENERGY OR CALORIES PRODUCED FROM FOOD IN ORDER TO CARRY ON ITS ACTIVITY. AGE, SEX, HEIGHT, WEIGHT, AND LEVEL OF ACTIVITY INFLUENCE THE CALORIC NEED. A ROUGH RULE OF THUMB IN CALCULATING THE BODY'S NEED IS 15 CALORIES PER DAY PER POUND. THIS WOULD MAINTAIN THE BODY WEIGHT WITH AVERAGE ACTIVITY. AGAIN THIS IS AN AVERAGE, A RULE OF THUMB, AND MAY NOT BE TRUE FOR EVERYONE. A 100 POUND PERSON WOULD THUS NEED 1500 CALORIES TO MAINTAIN HIS OR HER WEIGHT WITH NO CHANGE IN ACTIVITY. THE BODY TYPE IS IMPORTANT AND ALL OF US KNOW PEOPLE WHO ARE REALLY SMALL FRAMED AND THIN, OTHERS IN THE MEDIUM RANGE AND SOME WHO



ARE INDEED LARGE. THE BEST WAY TO BE SURE ABOUT THE BODY TYPE IS TO MEASURE THE AMOUNT OF BODY FAT AND <sup>THUS</sup> LEAN BODY MASS. THIS CAN BE DONE BY SOME SKIN FOLD MEASUREMENTS AND SERIES OF CALCULATIONS OR BY UNDERWATER WEIGHING. YOU THUS KNOW NOT ONLY YOUR WEIGHT BUT ~~INDEED~~ WHERE YOU RANK AS TO THE AMOUNT OF BODY FAT PRESENT, WHICH IS REALLY WHAT IS IMPORTANT.

IN NORMAL OR AVERAGE ACTIVITY THE APPETITE AND EXERCISE ARE IN TUNE. THE APPETITE MATCHES FOOD INTAKE TO ENERGY OUTPUT. THERE MUST BE A BALANCE BETWEEN THE AMOUNT OF CALORIES TAKEN IN IN FOOD AND THE AMOUNT OF CALORIES BURNED UP IN ENERGY. IF THIS BALANCE IS NOT PRESENT AND THE SCALE IS TIPPED TO THE FOOD INTAKE SIDE, FAT WILL BE DEPOSITED. OBESITY OR OVERWEIGHT IS ALMOST AN EPIDEMIC IN THE U.S.

WE KNOW THAT IT INCREASES THE RISK OF A HEART ATTACK. WE ALSO KNOW THAT IT RESULTS FROM AN IMBALANCE OF CALORIC INTAKE COMPARED TO ENERGY EXPENDITURE OR EXERCISE. A SEDENTARY PERSON IS ONE SO INACTIVE THAT THE APPETITE REGULATING MECHANISM FAILS TO DECREASE THE FOOD INTAKE TO ~~MEET~~ THE ENERGY EXPENDITURES. FARMERS FATTEN ANIMALS THIS WAY. DON'T TREAT YOURSELF LIKE CATTLE IN THE FATTENING PENS.

WE MENTIONED THE FOUR FOOD GROUPS BUT THERE IS REALLY A FIFTH CALLED OTHER. MOST OF US USE ALL SORTS OF FATS, SUGARS, SPREADS, DRESSING, ETC. <sup>AS</sup> ~~AND~~ COMPLIMENTS TO OUR FOOD. THEN THERE ARE ALL THE GOODIES LIKE DONUTS, JELLY, CANDY BARS, DESERTS, COOKING OIL. THESE ADDITIONS MAY INCREASE THE CALORIC VALUE OF DAILY FOOD BY 25% OR MORE.



WHEN WE ARE TRYING TO REDUCE  
CALORIC INTAKE, THIS IS A  
GOOD GROUP TO FOCUS ON.

I BELIEVE CALORIES DO COUNT  
AND THE ONLY INTELLIGENT WAY  
TO DIET IS TO BE ACUTELY  
AWARE OF THE CALORIES THAT  
YOU EAT. YOU SHOULD PICK A  
DIET THAT WOULD GIVE A CALORIC  
LEVEL TO MAINTAIN YOUR WEIGHT  
AND THEN IF YOU ARE TRYING TO  
REDUCE, YOU SHOULD CUT THAT  
CALORIC REQUIREMENT BY 500  
CALORIES DAILY. TOMORROW WE  
WILL TALK ABOUT ACTIVITY AND  
HOW WE MIGHT BALANCE ACTIVITY  
AGAINST CALORIES.